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THESE KIDS REALLY HAVE SOME CHOPS

THE SECOND SEASON OF MASTERCHEF JUNIOR AMPS UP THE TALENT, SAYS HOST GRAHAM ELLIOT PAGE 10

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An iceberg melts in Kulusuk, Greenland, near the Arctic Circle in August 2005. The UN's panel on climate science says climate change is happening, and it's almost entirely man's fault.
JOHN MCCONNICO/THE CANADIAN PRESS/THE ASSOCIATED PRESS

UN report shows 'leaders must act' on climate change

'Science has spoken.'
UN chief warns that time is running out on our ability to take steps to keep temperatures below dangerous levels

Climate change is happening, it's almost entirely man's fault and limiting its impacts may require reducing greenhouse gas emissions to zero this century, the UN's panel on climate science said Sunday.

The fourth and final volume of the Intergovernmental Panel on Climate Change's giant climate assessment didn't offer any surprises — nor was it expected to, since it combined the findings of three earlier reports released in the past 13 months.

But it underlined the scope of the climate challenge in stark terms.

Emissions, mainly from the burning of fossil fuels, may need to drop to zero by the end of this century for the world to have a decent chance of keeping the temperature rise below a level that many consider dangerous. Failure to do so could lock the world on a trajectory with "irreversible" impacts on people and the environment, the report said.

Some impacts are already being observed, including rising sea levels, a warmer and more acidic ocean, melting glaciers and Arctic sea ice and more frequent and intense heat waves.

"Science has spoken. There is no ambiguity in their message. Leaders must act. Time is not on our side," UN Secretary-General Ban Ki-moon said at the report's launch in Copenhagen.

Amid its grim projections, the report also offered hope. The tools needed to set the world on a low-emissions path are there; it just has to break its addiction to the oil, coal and gas that power the global energy system while polluting the atmosphere.

"We have the means to limit climate change," IPCC chairman Rajendra Pachauri said. Pointing to the solution, the IPCC said the costs associated with mitigation action such as shifting the energy system to solar and wind power and other renewable sources and improving energy efficiency would reduce economic growth by only 0.06 per cent annually.

And Pachauri said that cost should be measured against the implications of doing nothing, putting "all species that live on this planet" at peril.

THE CANADIAN PRESS

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Assiniboine Park Zoo invites you to meet Star and Blizzard

Join the cubs. Polar bear siblings appear to be adapting well to their lives at the zoo

The newest polar bears at Assiniboine Park Zoo, Star and Blizzard, have made their public debut at the International Polar Bear Conservation Centre.

Their names were selected by the public in a vote on Facebook. Name options had been suggested by children at three northern Manitoba schools.

The 11-month-old cubs, who were found by conservation officials near Gillam in September, were likely orphaned after their mother died while fighting off a male bear who was trying to eat them, according to Dr. Brian Joseph, the zoo's director of zoological operations.

But despite those traumatic circumstances, the pair have adapted well to their new life at the zoo.

"Little polar bears are incredibly confident and incredibly flexible," said Joseph. "From the moment they get here, they're adjusted. It's like they've been here forever."

The bears will remain at the conservation centre until the spring, when they'll join Hudson, Storm, Aurora and Kaska in the Journey to Churchill exhibit.

In related news, the underwater viewing tunnel at Journey to Churchill is still under repair. That part of the exhibit closed in September after bears chewed through silicone sealant around the tunnel's glass.

COLIN FAST/FOR METRO

Blizzard the bear cub feasts on fish Friday. COLIN FAST/FOR METRO

In brightest day, in blackest night, no evil shall escape their sight

Friends, from left, Marie Witenko, Sarah Friesen, "Oliver Queen" and Nick Enns came to C4 Central Canada Comic Con Sunday dressed in various Green Lantern-themed costumes. SHANE GIBSON/METRO

U-Pass. Manitoba students get on board with transit plan, vote for fee increase

Students at both the University of Winnipeg and University of Manitoba have voted in favour of a proposal that will increase their annual fees to help pay for a lower-cost universal transit pass.

Students voted this past week in a referendum, which will see students at both schools pay $260 more to cover the so-called U-Pass, which will go into effect in September 2016.

The bus pass will cover the eight-month school year, but will also require an annual $1 million subsidy from taxpayers.

The plan will be binding for all students at both universities, including those who don't take Winnipeg Transit to and from classes.

THE CANADIAN PRESS

MO' TO IT THAN JUST A MO'

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Movember is upon us, a month dedicated to changing the face of men's health with a focus on mental health and testicular and prostate cancer. Over the past few years I've raised thousands for the cause, grown my mo' and hosted many events.

However, my participation in, and fundraising for, Movember can make me only one thing: a hypocrite.

Even armed with all the information in the world about prostate cancer and early detection, I've yet to get checked. I guess if I'm being honest, I've been embarrassed to.

Now I'm actually more embarrassed by the fact I was embarrassed. This is exactly why Movember serves a purpose. I'm a perfect example of why this matters.

I would consciously choose to literally die of embarrassment rather than talk about it or do something about it. So would many men. We can't do that. So let's not.

Seek help if you're not feeling mentally or physically well. Be there for others. Get. Checked. Now. We know what to do, and many of us know we're not doing it.

I've booked an appointment. I'm getting checked. I promise to work on things. You're next. Somebody loves ya, so at least do it for them.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

A worker walks past a set of storage lockers where the remains of six dead infants were found last month.
JOHN WOODS/THE CANADIAN PRESS

Lawyers fight over who should view infant autopsies

Court. Suspect's lawyer wants independent pathologist to monitor medical examiner's work

A Manitoba judge has reserved a procedural decision involving autopsies on the bodies of six infants found in a Winnipeg storage locker.

The lawyer for Andrea Giesbrecht, the woman who is accused of concealing the remains, wants an independent pathologist to monitor the autopsies by the chief medical examiner's office.

But a lawyer for the medical examiner's office says the examiner has the right to conduct autopsies without interference.

David Gisser says there is nothing in provincial law that gives the courts authority over how autopsies are done. The two sides also argued over whether the chief medical examiner's office should even have standing at the hearing.

The judge said a decision will come this week.

Giesbrecht, 40, remains in custody and sat attentively in court as the lawyers made their arguments.

Giesbrecht has not entered a plea to her charges. A bail hearing is scheduled for Nov. 12.

Court records indicate that Giesbrecht, who has also gone by the name Andrea Naworynski, is a gambling addict with a low-paying job at a fast-food restaurant.

She was given a suspended sentence and two years' probation after pleading guilty to fraud for borrowing money from a 73-year-old neighbour and repaying her with bounced cheques.

THE CANADIAN PRESS

Lawyer shows photos in bid to overturn ex-archbishop's sexual assault conviction

The lawyer for a former archbishop found guilty of sexually assaulting an altar boy in the 1980s says Manitoba's highest court should consider fresh evidence and overturn the verdict because his client didn't get a fair trial.

Early this year, Seraphim Storheim, former Canadian head of the Orthodox Church in America, was convicted of sexually assaulting a boy who had come to visit him in Winnipeg in 1985.

Storheim's lawyer, Jeff Gindin, presented three Appeal Court judges with photos and documents Friday that suggest the boy was in Winnipeg in 1986 and not 1985. Storheim's handwriting on the pictures says a boy "not from here" is participating in a church ceremony in 1986.

Gindin argued the new evidence casts doubt on the credibility of the victim and the Crown's version of events.

Acquittal

While Storheim was convicted of sexually assaulting one boy, he was acquitted on the same charge involving the victim's brother, who also visited on a separate occasion.

"I never suggested this evidence taken by itself was a smoking gun," he told the judges. "It could have been used to cross-examine witnesses presented by the Crown in a different way."

The three judges reserved their decision on whether to consider the new evidence and grant an appeal. But Justice Alan MacInnes questioned the veracity of the pictures, which don't name the boy.

"This is an exceptional remedy you're seeking. It's that way for good reason," MacInnes said. "At some point in time, cases end."

MacInnes pointed out that Christopher Mainella, the trial judge who convicted Storheim and who now sits on the Appeal Court, didn't believe Storheim's testimony.

"The irony of this is the person who is accused was not believed by the trial judge and now we're being asked to believe his evidence," MacInnes said. "Your own client said it was 1985. On your argument, your client was wrong.

"Why should we be accepting the motion for fresh evidence?"

Storheim, 68, was handed an eight-month sentence. He has been free on bail pending his appeal hearing.

THE CANADIAN PRESS

Niakwa Road

Man arrested after alleged break-in, sexual assault

Winnipeg police say they have arrested a suspect after a man broke into a woman's home and sexually assaulted her.

Police said they went to the home at 2:30 p.m. on Wednesday on Niakwa Road. The woman there said a man she knew had come to the home and forced his way inside when she opened the door.

Police report that once he got in, the man hit and then sexually assaulted her. She was able to break away and run from the house, and then called police.

Police have arrested Jeffrey Alexander Hilz, 52, in connection with the crime. He faces several charges including sexual assault causing bodily harm and overcoming resistance by attempting to choke, suffocate or strangle another person.

He remains in custody.

METRO

Crime

More arrests in clothing thefts

Police have two more people in custody in connection with a theft ring accused of stealing clothing worth thousands of dollars over the last few months.

A woman and two teen girls were previously arrested last Thursday.

Police believe the five are responsible for seven thefts at clothing stores around the city that started in August, which saw $13,850 worth of clothing stolen.

Police said the garments included high-priced items such as down-filled winter coats.

Matthew Nicholas Beaulieu, 18, and a 17-year-old girl, both from Winnipeg, were arrested Friday for their alleged involvement.

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U.S. paper takes flak for outdated Ghomeshi profile

Pittsburgh Post-Gazette. Paper printed profile on Ghomeshi as part of promotional supplement without mentioning abuse allegations

Radio host Jian Ghomeshi is shown in this handout photo. CBC/THE CANADIAN PRESS

A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in an advertising supplement without mentioning the abuse allegations that led to his termination.

A profile of Ghomeshi was on the front page of the Pittsburgh Post-Gazette promotional supplement that was sent to non-subscribers of the paper on Sunday.

The 850-word write-up, featuring an August interview with Ghomeshi on his thoughts on life as an immigrant, first ran in the paper and online on Oct. 19.

The paper posted an explanation on its website Sunday explaining the advertising supplement was printed on Oct. 23, three days before Ghomeshi's firing and the start of a number of media reports containing allegations from women who say they were physically or sexually assaulted.

The "promotional advertising vehicle" contains "evergreens," stories the paper considers its best work, executive editor David Shribman said Sunday.

Due to a schedule that sees the promotion printed 11 days in advance there was no way they could have pulled it back in time, Shribman said.

"We kind of got caught in the publication cycle," he said. "It's not a question of stupidity, it's a question of deadlines."

Shribman couldn't provide an exact number of copies that were distributed but said they would have numbered in the "tens of thousands" of people. He said a note of explanation on the Ghomeshi piece would be in a future edition.

"The next time we print this thing … we will also clarify what's going on with this guy."

In 2010, Ghomeshi's show, Q, achieved syndicated status in the U.S., care of Public Radio International. The show now airs on more than 180 stations — including in Pittsburgh.

As many as nine women have alleged in media reports that Ghomeshi abused them physically and sexually. Toronto police have launched an investigation after three women came forward with accusations.

Neither Ghomeshi nor his lawyer have commented on the police investigation, but Ghomeshi said Thursday he would meet allegations "directly," and won't discuss "this matter" further with the media.

Ghomeshi wrote last weekend in a Facebook post that he has had "rough sex" with women, but insisted it was always consensual.

Ghomeshi has launched a $55-million lawsuit against the CBC for breach of confidence. He also filed a grievance alleging defamation, a source said.

A CBC memo issued last week said Ghomeshi was fired after senior executives saw "graphic evidence that Jian had caused physical injury to a woman." THE CANADIAN PRESS

French prez's first official trip to Canada's West

French President François Hollande, left, and Prime Minister Stephen Harper walk around Banff, Alta., on Sunday. Hollande is the first French president to make an official visit to Western Canada. Harper met Hollande in Calgary, and the two made the 90 minute trip to Banff by car. They were expected to discuss greater co-operation on international security and threats, trade and economic development, innovation, and broader people-to-people ties. Hollande will also address Parliament and is also scheduled to visit Montreal and Quebec City. While in Banff both men will attend a state dinner hosted by Gov. Gen. David Johnston. PHOTO: JEFF MCINTOSH/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

'Solid growth' on ovaries

Transport Minister Lisa Raitt to undergo surgery

Transport Minister Lisa Raitt is scheduled to undergo surgery on Tuesday to remove a "solid growth" on her ovaries.

She says diagnostic imaging and blood tests suggest the growth is not cancerous but she won't know for sure until it is removed and analysed.

How much time Raitt, 46, will have to take off from her cabinet duties will depend on how invasive the surgery proves to be and whether the lump is cancerous.

She revealed her medical condition in an interview with Tom Clark, host of Global TV's "The West Block."

Raitt says she chose to speak out to avoid speculation about her coming absence from Parliament.

And she also wanted to send a message to other women to be vigilant about "reproductive issues" they experience.

"You have to check these things out and women have to talk about uncomfortable issues associated with symptoms that aren't pleasant to talk about with others," she said in the interview, broadcast Sunday.

THE CANADIAN PRESS

Spookland. Police probing allegations of sexual assault at Halloween party

A 16-year-old girl was found naked, unconscious and drugged with date-rape drug GHB after a Halloween party at a Quebec resort Friday night.

Police in west Quebec are now investigating three separate instances of alleged sexual assault at the Spookland Halloween party at Mont Cascades Resort in Cantley, Que. — a party that clearly got out of control after nine revellers were transported to hospital for drug and/or alcohol poisoning.

When police arrived, it was near chaos, said MRC des Collines Police spokesman Martin Fournel. Police were tending to several young partiers who were unconscious from either drinking too much or taking unknown pills, Fournel said.

A 16-year-old teen was discovered on the grounds of the ski hill "barely dressed" and unconscious. Toxicology tests revealed the girl had GHB in her system, said Fournel. Two other girls aged 16 and 17 also reported being touched inappropriately while they waited in line.

TREVOR GREENWAY/METRO IN OTTAWA

Fallujah, Iraq. Canadian warplanes launch first airstrike against ISIS

Canadian warplanes involved in the American-led bombing campaign against Islamic State of Iraq and al-Sham (ISIS) militants in Fallujah had their baptism of fire on Sunday, launching the first air strike since deploying to the region.

Two CF-18 fighter jets attacked targets near Fallujah, roughly 70 kilometres west of Baghdad, a statement from Defence Minister Rob Nicholson's office said.

"Coordinated with our coalition partners, two CF-18s attacked (ISIS) targets with GBU12 (500-pound) laser guided bombs," the statement said. The three aircraft all safely returned to their base in Kuwait, the statement added.

Few other details of the strike were released, but the statement said assessment of the damage was being done.

Canada has deployed six CF-18s, the C-150 Polaris and two CP-140 Aurora surveillance aircraft as its contribution to the campaign against ISIS.

THE CANADIAN PRESS

Crow walks with Music in the hopes of funding homes for children

Pastor Len Crow rides his horse Music through winter weather near Cremona, Alta., Saturday. Crow is on a five-month, 11,000-kilometre riding trip from Dead Horse, Alaska, to Guadalajara, Mexico, to raise funds for children's homes in Mexico, Cambodia, Philippines, Guatemala and India.
JEFF MCINTOSH/THE CANADIAN PRESS

Decades-old bombing

Ottawa man wanted by France seeks appeal

An Ottawa man facing extradition to France in a terrorism case says the Supreme Court of Canada should hear his appeal due to crucial questions about the use of untested intelligence in a criminal prosecution. The Canadian government says university socioloy instructor Hassan Diab's request for a high-court hearing "raises no issue of public importance" and should be dismissed.
THE CANADIAN PRESS

U of Calgary

Students fear premium dorms to create class system

University of Calgary students have learned administrators plan to charge a "premium" rate for soon-to-open dorms offering an apparent bird's-eye view. Austin Baecker, resident of the campus residence students' association, said he believes the tiered approach to student housing will create a "social stratification" scenario. "You'll have the upper class on the top floors, the middle and lower class on the rest of the floors," he said.
JEREMY NOLAIS/METRO IN CALGARY

Canada heading effort to prevent Arctic suicides

Across the circumpolar world.
Common thread is youth and rapid cultural displacement

Canada is leading an international effort to pull together the most effective ways to prevent suicide among aboriginal youth in the Arctic, an ongoing tragedy across the circumpolar world.

This month, officials from the eight countries that ring the North Pole gave final approval for researchers to visit northern aboriginal communities to study how they're dealing with the problem.

Nunavut's chief coroner called a special inquiry in January after 45 people killed themselves in 2013 — a significant increase from the previous high of 34.

That record number put the territory's suicide rate at 13-1/2 times the national average.

But it's bad elsewhere, too.

Suicide rates among Alaskan aboriginals are about three times the United States average. In Greenland, 2010 government data reported about one suicide a week in a population of about 56,000.

Statistics in Norway, Sweden and Finland for the aboriginal Saami population are difficult to tease out. But available data suggests suicide and mental health are issues in their communities as well.

"I think that's clearly why the Saami health leadership as well as the government of Norway is supportive of this project," said Malcolm King, science director for the Canadian Institutes of Health Research, which is co-ordinating the project.

Teams are already at work in the participating countries of Canada, the U.S., Norway, Sweden and Denmark, King said. He's hoping Russia, which is also said to suffer high Arctic aboriginal suicide rates, will join.

Suicide across the circumpolar world seems to have some common features, said King. It affects predominantly young people up to their mid-20s, and seems to involve rapid cultural displacement that Arctic people faced as southern governments exerted their authority over their northern regions.

"A common thread that's emerged in a lot of this so far is what we might call cultural continuity," he said.

"It issues around formation of identity, and disconnections with the community. That may not sit as a cause in mainstream thinking, but it certainly has been talked about a lot as a common thread among indigenous peoples."

King said common themes are also beginning to emerge about the most effective prevention programs.

"There are certainly some indications that involving youth in various ways in finding their own pathway to mental wellness is an important part of projects," he said. "Good practice models all involved active participation of youth."

Often, those models are as simple as giving youth a voice, such as a photography, theatre or film project. Some involve peer support through social media. THE CANADIAN PRESS

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News worth sharing.

Fight against Ebola quarantine was for fellow workers: Nurse

Maine. The U.S. nurse says she was fighting to help protect the rights of other medical professionals returning from West Africa

A Maine nurse, who successfully fought a state quarantine for health-care workers who have treated Ebola patients, said she had no option but to challenge how medical professionals were being treated and is hopeful that others who return from West Africa won't face the same reaction.

Kaci Hickox said in an interview with the Maine Sunday Telegram that she was fighting for the rights of other U.S. medical workers who are trying to bring the deadly outbreak under control in West Africa.

After she arrived in Maine last week, state health officials went to court in an attempt to bar her from crowded public places. A judge ruled Friday she must continue daily monitoring of her health but can go wherever she pleases. Maine Gov. Paul LePage said he disagreed with the ruling but would abide by it.

"I hope in six months aid workers returning back can be unnoticed," Hickox told the newspaper. "They won't be in the media like I was, I hope. And they can walk into a grocery store and maybe no one even knows they were working in a country with Ebola, but one day I hope everyone can know and still smile at them in the grocery store. I know that won't happen today."

Hickox, 33, told the newspaper that she will respect the wishes of town residents and avoid going into town during the illness's 21-day incubation period, which for her ends Nov. 10. She was criticized by some who said she wasn't considering the public's well-being by resisting the quarantine.

Hickox went to Sierra Leone this summer with Doctors Without Borders when the Ebola outbreak erupted.

THE ASSOCIATED PRESS

Nurse Kaci Hickox is accompanied by her boyfriend, Ted Wilbur, as she speaks to reporters outside their home Friday in Fort Kent, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Seniors high on benefits of medical pot in Florida?

Beth Ann Krug, 61, of Del Ray Beach, Fla., speaks during a debate on medical marijuana in Boca Raton, Fla. J PAT CARTER/THE ASSOCIATED PRESS FILE

The debate over legalizing medical marijuana in Florida constantly generates talk of young people potentially flooding the polls. But seniors are the most reliable voters and could be key to the outcome of the measure.

Floridians are set to vote Tuesday on Amendment 2, says the Tampa Bay Times. According to the Times: "Under Amendment 2, doctors would certify that patients with debilitating conditions could benefit from marijuana. Licensed dispensaries would sell it."

Though polling on Amendment 2 has been erratic, seniors have been showing a level of interest in the initiative that underscores the fact they may benefit most from its passage.

Older people have turned up at events across the state, even when they've been intended for more youthful crowds. Such was the case at a recent forum at Broward College: It was held at an on-campus theatre, with a promise of pizza for the droves of young people who passed by. But inside, the audience was full of faces far older than expected.

The most ardent supporters of medical marijuana say it hasn't just cut out other drugs' side effects, but has relieved symptoms in ways those drugs couldn't.

Beth Ann Krug, 61, of Delray Beach, Fla., travelled to Colorado earlier this year to see if marijuana could help her Parkinson's disease. She was amazed: Within 20 minutes, she said, her tremors were gone for the first time in years. She has not used marijuana since because she refuses to get it illegally and worries her full-time volunteer position would be jeopardized because they do drug testing.

THE ASSOCIATED PRESS

Foggy results

Polls on Amendment 2 have varied widely. Most observers believe senior support is somewhere in the middle of these two surveys.

- An October poll found about 37 per cent of voters 60 and older support Amendment 2.
  A July survey found 83 per cent of Florida voters aged 65 and older supported medicinal marijuana.

One-voiced media?

Egyptian journalists fight editors over freedom of speech

Several hundred Egyptian journalists have rejected a recent policy declaration by newspaper editors pledging near-blind support to the state and banning criticism of the police, army and judiciary in their publications, arguing that the move was designed to create a one-voiced media.

In a statement posted Sunday on social media networks, the journalists said fighting terrorism was both a duty and an honour but has nothing to do with the "voluntary surrender" of the freedom of expression as outlined in the editors' Oct. 26 declaration.

THE ASSOCIATED PRESS

Sri Lanka

At least 5 dead, 33 still missing in tea plantation mudslide

Sri Lanka has so far confirmed that five people died and 33 remain missing in last week's mudslide at a central tea plantation as authorities continue to struggle to determine how many people were buried.

The Disaster Management Center noted in its report Sunday that the figures could change as rescue workers continue to search for bodies in the debris at the Koslanda plantation in Badulla district, about 220 kilometres east of Colombo.

Sri Lanka, formerly called Ceylon, is one of the world's leading tea producers. THE ASSOCIATED PRESS

Egypt

Alleged same-sex wedding party leads to prison sentences

An Egyptian court on Saturday convicted eight men for "inciting debauchery" following their appearance in an alleged same-sex wedding party on a Nile boat, sentencing each of them to three years in prison.

The Internet video shows two men exchanging rings and embracing among cheering friends. The eight were detained in September when a statement from the office of Egypt's chief prosecutor said the video clip was "shameful to God" and "offensive to public morals."

THE ASSOCIATED PRESS

Shepherds halt traffic, invoke medieval rights

Madrid. A flock of sheep 2,000-strong were led into the city's main square to protest Spain's modern agricultural methods

Shepherds lead their sheep through the centre of Madrid on Sunday. Shepherds guided a flock of 2,000 sheep through the Spanish capital's streets in defence of ancient grazing, droving and migration rights increasingly threatened by urban sprawl and modern agricultural practices. ANDRES KUDACKI/THE ASSOCIATED PRESS

Shepherds guided a flock of sheep through Madrid's streets on Sunday in defence of ancient grazing, droving and migration rights increasingly threatened by urban sprawl and modern agricultural practices.

Tourists and city dwellers were surprised to see the capital's traffic cut to permit the bleating, bell-clanking parade to pass the city's most emblematic locations.

Shepherds halted at the old town hall so the chief herdsman could hand authorities 25 maravedies — copper coins first minted in the 11th century — as payment for the crossing.

They then continued past Puerta del Sol — Madrid's equivalent of New York's Times Square — and past the Bank of Spain headquarters on their way to Retiro Park.

Children shrieked with joy as the 2,000 sheep went from a trot to a gallop past a hamburger restaurant and luxury jewelry store in the city's toniest downtown quarter.

Since medieval times, shepherds have had the right to use droving paths criss-crossing a landscape that was once a checkerboard of woodland and grazing space.

Some herding routes have been used annually for over 800 years and Madrid sprawls across one dating back to 1372. Madrid became an important urban centre when King Philip II chose it as the capital of his vast empire in 1561.

The herd was accompanied by musicians and dancers dressed in regional costumes worn by rural workers for centuries.

Spaniards are proud of their sheep-rearing traditions and hold native livestock in high esteem. The Merino breed has gone on to form the backbone of important wool industries in such places as Australia and South America.

THE ASSOCIATED PRESS

Found guilty. Woman in Iran sentenced to a year for volleyball protest

Ghoncheh Ghavami FREE GHONCHEH CAMPAIGN/THE ASSOCIATED PRESS

An Iranian-British woman detained while trying to attend a men's volleyball game in Iran has been found guilty of spreading propaganda against the ruling system and sentenced to a year in prison, her lawyer said Sunday.

Britain immediately raised concerns about Ghoncheh Ghavami's trial. The case highlighted the limits to free expression inside Iran and efforts by authorities to enforce strict interpretations of Islamic norms despite a policy of greater openness pursued by President Hassan Rouhani.

Mahmoud Alizadeh Tabatabaei, Ghavami's lawyer, said in an interview that a court found her guilty of "propagating against the ruling system."

Tabatabaei said he was shown the text of the verdict but is still waiting to receive it officially.

Ghavami was detained in June at Tehran's Freedom Stadium after trying to attend a men's volleyball match.

Ghavami was held along with the other protesters for a few hours before being released. She was detained again a few days later and stood trial last month. Her brother said she had no access to her lawyer until it came time for her court hearing. THE ASSOCIATED PRESS

Religion

Israel passes bill to ease conversions

Israel's Cabinet has passed a charged bill aimed at easing conversion to Judaism in Israel. Sunday's vote comes after much pressure from ultra-Orthodox parties. Under the new reform, municipal rabbis will be allowed to hold special conversion courts, thus expanding those entitled to perform conversions.

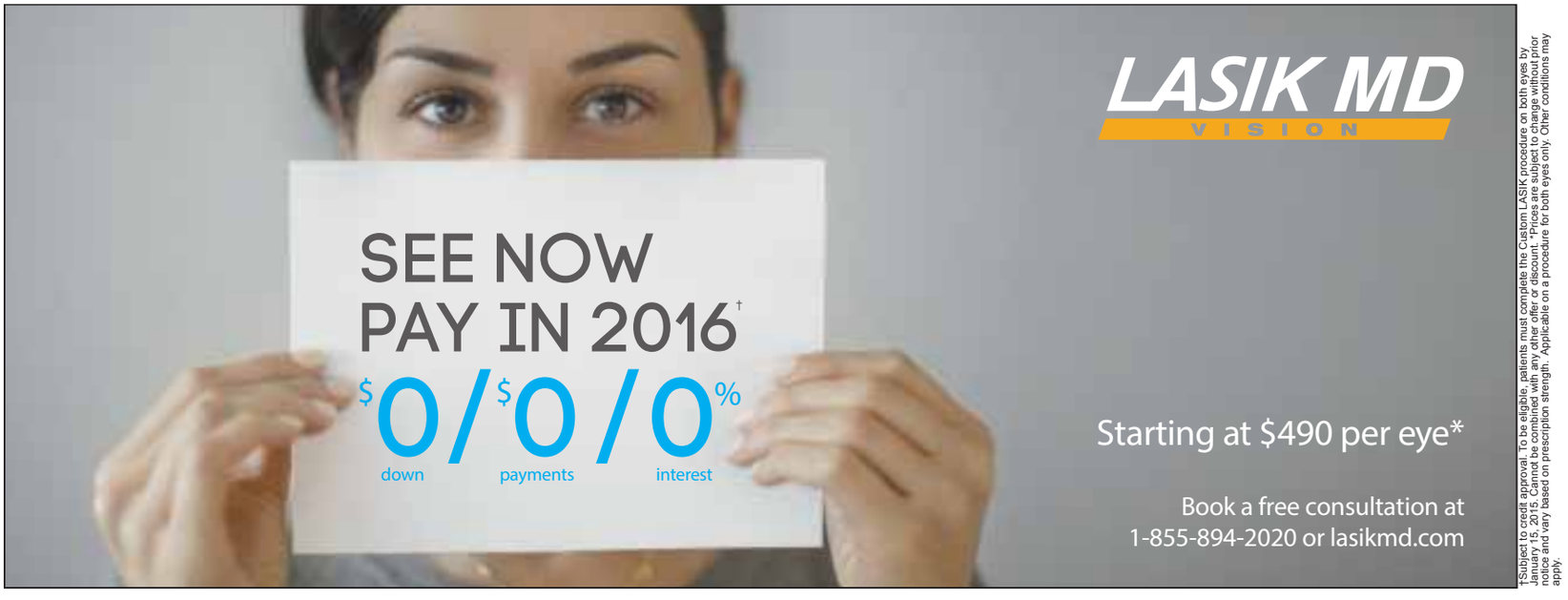
THE ASSOCIATED PRESS

Pakistan

Suicide bomber kills at least 54

A suicide bomber detonated explosives near a Pakistani paramilitary checkpoint near the country's eastern border with India on Sunday, killing at least 54 people in the deadliest attack to hit the country in several months, police and government officers said.

THE ASSOCIATED PRESS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Strike gold by investing in oil?

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

Who would have thought that the world would suddenly be awash with oil, driving the price per barrel under $80, last Monday, for the first time since 2012? In fact the price per barrel has dropped 27 per cent since a mid-summer high of $107.

Now Goldman Sachs is predicting that oil will drop to $70, causing much speculation about cancellation of or, at least, a slow down of oil construction and pipeline projects. And of course the oil-producing provinces are going to feel a pinch in their royalties.

Now for the good news! All sector swoons spell opportunity. While a litre of gas still isn't cheap, oil stocks are starting to look that way. Over the past 12 months, the Canadian capped energy index is down nearly six per cent, while the S&P\TSX Composite Index is up over eight per cent, even after the October selloff.

If you have an RRSP or any kind of workplace pension, you are likely already an oil investor. That's because virtually all Canadian mutual funds that invest in larger Canadian companies will hold some of the bigger oil companies.

But that's not to say you shouldn't add a bit more energy to your personal investments. The trick is, which stocks should you go for? Right now there's plenty of risk in the oil patch and not just from falling stock prices.

Oil highs and lows

- **$144.40 US:** July 2008
- **$16.38:** December 1998

Oversupply, currency issues, declining demand and geopolitical worries can all affect dividends as well.

I surveyed a group of energy analysts and portfolio managers to determine which of the big energy companies are most likely to maintain dividends if oil tumbles further. Three names were consistently mentioned.

Remember, even though these three companies have strong balance sheets, oil at $70 a barrel will put a crimp in stock prices and dividends may go on the chopping block. So, dip a toe, but don't go for a swim.

Prices and yields as of Oct. 31:

Price Dividend Yield
1. Suncor Energy (SU-TSX)
$38.75, 2.88 per cent
2. Cenovus Energy (CVE-TSX)
$27.27, 3.88 per cent
3. Vermilion Energy (VET-TSX)
$63.05, 4 per cent

China's slowing economy to have ripple effect

A worker is dressed in an emperor costume to attract customers as he stands outside a shop selling souvenirs at the Wangfujing shopping district in Beijing. An Associated Press survey of 30 economists has found that 57 per cent of them expect China's decelerating economy to restrain growth in countries from Brazil and Chile to Australia and South Korea. A notable exception is the United States, which the economists see as largely insulated from China's troubles. ANDY WONG/THE ASSOCIATED PRESS FILE

GHOMESHI & THE GERALD REGAN CASE

GUEST COLUMN

Stephen Kimber
For Metro in Halifax

What a wild, weird week.

The bodies from the Parliament Hill shootings and the Quebec murder-by-car had not been buried, their meaning not yet processed, when the CBC announced last Sunday it was severing ties with its most famous radio host, Jian Ghomeshi, for reasons unspecified.

By that evening, Ghomeshi had specified his version in a defiant Facebook post about his penchant for "consensual" "rough sex" and the "jilted ex-lover" out to get him. He would sue the CBC for $55 million.

By morning, the ping-pong of news/counter news had careened into accusations far more sinister: not one ex-lover, but several women, all accusing Ghomeshi, not of consensual sex, but of unprovoked, unwanted violence. Then events pinballed. More women, more stories, eerily similar — out-of-nowhere punches, face-turned teddy bears, "you should leave" to those who cried or complained.

Debates about who knew what when and who should have done what before; the graphed torrent of "unlikes" on Ghomeshi's Facebook page; his crisis-management team ditching him; brave women making public their *j'accuse;* the announcement of a police investigation…

It all reminded me of another time, another public figure, another story.

As with Ghomeshi, there had long been stories about 1970s Nova Scotia premier Gerald Regan's relationships with women.

But few knew details until someone — a man whose own darker motivations were partisan and personal — unleashed the genie from that bottle long after Regan had left office. By the time it was over, in 1998, more than 30 women told police of Regan's alleged unwanted sexual advances, up to and including rape. There were charges. There was a trial on the most serious of them. In court, Regan's high-powered defence attorney grilled the accusers relentlessly. The jury, ultimately, found him not guilty.

No conviction

In 1998, more than 30 women told police of Regan's alleged unwanted sexual advances, up to and including rape.

But the jury of public opinion — armed with the evidence presented in court under oath and cross examined, including evidence the jury didn't hear — was able to render its own informed verdict.

We shouldn't hold our breath for a legal ending we may want in the Ghomeshi case. There are complicated rules about admissibility of evidence, legitimate, beyond-a-reasonable-doubt bars for conviction. But due process is still the best process we have. We should be grateful to the women who have taken the first brave step along that road.

Colin Fast returns next week with Urban Compass .

House of the dead crowded

A woman dressed as the iconic Mexican Catrina poses for photographers as she gathers with other women in costume, in an attempt to set a record for the most Catrinas in one place during Day of the Dead celebrations in Mexico City over the weekend. MARCO UGARTE/THE ASSOCIATED PRESS

Proposed law threatens Día de Muertos traditions, say critics

Mexico's capital, Mexico City, is rapidly running out of grave sites. Many residents of this growing metropolis of nine million have to exhume the remains of their loved ones, once the burial rights expire, to make room for new bodies. Officials say there is no public land available for new cemeteries.

The lack of space has prompted the city's legislative assembly to propose a law that would reduce the time a body can remain in a grave and encourage people to cremate the bodies of their loved ones, a move that critics say will threaten Mexico's long and rich traditions surrounding burying and celebrating the dead.

While other countries reuse graves, it is a sensitive issue in Mexico, where celebrating the dead is still a living part of the culture.

THE ASSOCIATED PRESS

Quoted

"Can you imagine that with the stroke of a pen they can erase All Saints Day and the Day of the Dead? They have no idea what they are doing." Jesus Guzman, who says many indigenous Mexicans prefer burial and are reluctant to accept cremation.

MetroTube

metro AR

Rocket blowback

ANDREW FIFIELD
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THE ASSOCIATED PRESS

Orbital Science Corp.'s Antares rocket exploded spectacularly last Tuesday, just after liftoff from a Virginia launch pad on what was supposed to be a Cygnus spacecraft trip to the International Space Station. Meanwhile, a crowd had assembled about 1-1/2 miles away to watch. The realization that the launch had failed came a little late, but not as late as the very violent sound wave that threw some of them — including the person who shot this video — to the ground. (jms2productions/YouTube)

Comments

RE: Newspaper does damage control on Ghomeshi, published online Nov. 2, 2014

I was supportive of letting your freak flag fly... And then all that other "information" came out that's made the initial story seriously questionable.
Jorhan Walsh,
posted to Facebook.com

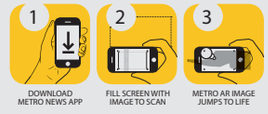
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Ebooks

To kill a Mockingbird Enhanced Edition

By. Harper Lee

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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For its digital debut, this cherished classic has been enhanced using promotional samples from other editions. There's an audio chapter reading by Sissy Spacek and interview clips from a documentary with Oprah Winfrey, Tom Brokaw and Harper Lee herself. They're delightful, yes, but, as promotional links, feel like packaging instead of the curated, intimate touches a celebrated tale deserves.

Television

The Iron Throne should look more like this, George R.R. Martin says. MARC SIMONETTI

GOT author was never happy with the Iron Throne

As much as author George R. R. Martin approves of the TV series inspired by his A Song of Ice and Fire books, he says that the Game of Thrones producers didn't nail the look of the massive, imposing Iron Throne. It needed to be even bigger and creepier, he says.

For his new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, Martin worked with artist Marc Simonetti to create a painting, shown above, that finally brought his vision to life. THE CANADIAN PRESS

Judge Graham Elliot talks to a contestant on Masterchef Junior, which launches its second season Tuesday at 9 p.m. ET on CTV Two. CTV

These pint-sized chefs really know how to cook

Television. The level of talent on Masterchef Junior is even higher than last season, says judge Graham Elliot

Show time

- Masterchef Junior airs Tuesdays at 9 p.m. ET on CTV Two.

If you were blown away watching the kid contestants on the inaugural run of Masterchef Junior, just wait for Season 2, says judge Graham Elliot.

"We had no idea it was going to take off the way it did," Elliot said during a recent stop in Toronto to shoot a guest appearance on the upcoming season of Masterchef Canada.

"What's really fun is that the level of cooking compared to Season 1 is even higher, because everyone knows about it now."

Indeed, the pint-sized chefs on Masterchef Junior made a big impression. Apple-cheeked winner Alexander Weiss wowed audiences in the finale with his pan-seared veal chop over potato gnocchi and deconstructed napoleon cannoli.

Elliot — who serves on the judging panels for both Masterchef Junior and Masterchef with Gordon Ramsay and Joe Bastianich — says the contestant pool for the kids cooking show was not at all what he expected.

"You think you're going to get kids wanting to do the Hollywood thing," he said.

"But you realize that cooking is this creative outlet now, because kids are born into this food-TV lifestyle and experience new things, and a lot of them are well-travelled."

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids, because of the level they're putting up in terms of food, but also their level of concentration."

Viewers who watched the recent season of Masterchef noticed a drastic physical change in Elliot, who underwent weight-loss surgery just over a year ago, dropping about 150 pounds in the process.

He says Masterchef Junior was part of the impetus. "The big change, and you know Masterchef Junior was a part of it, is sitting up there talking to kids about eating healthy and about how they're the future of America and they need to make these great choices," he explained. "I was 400 pounds ... and just felt I was living this big lie. You need to try to lead by example, especially for my own kids."

In preparation for the upcoming season, Elliot said the producers visited all 50 states and saw a diverse range of cooking styles. "Kids are doing things that are indicative of their region, their background their upbringing," he said.

"Also (there were) people that cook from the heart and it's really rustic, kids that have a pretty privileged upbringing and have been to all the fancy French restaurants and done the tasting menus — so it's really cool to see that gamut."

THE CANADIAN PRESS

Quoted

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids."

Graham Elliot, Masterchef Junior judge

Lena Dunham ALL PHOTOS: GETTY IMAGES

Dunham delivers tongue lashing to news outlets

Lena Dunham is no stranger to having her words taken out of context, but even she has limits to how often she can turn the other cheek.

This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her new book, Not That Kind of Girl. In the book, Dunham details an embarrassing moment of childhood curiosity when she was seven and her sister, Grace, was one.

"The right-wing news story that I molested my little sister isn't just LOL— it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed.

"Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. I told a story about being a weird seven-year-old. I bet you have some too, old men, that I'd rather not hear. And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Jennifer Lawrence

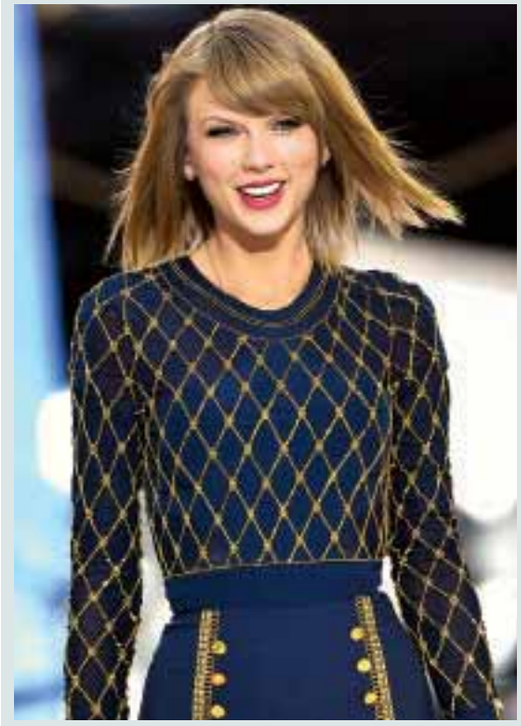
Looks like Chris Martin and Jennifer Lawrence still hunger for each other

What breakup? Apparently Chris Martin and Jennifer Lawrence aren't so split up after all — or, possibly, she just forgot a toothbrush at his place and needed to grab it — as the Hunger Games star was photographed visiting Martin's home twice last week, days after reports had hit that they'd broken up. Can someone check on Gwyneth Paltrow to get her opinion on the matter? Because I'm sure she has one.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Going to New York City? You'll get a Swift welcome

STARGAZING
Malene Arpe
scene@metronews.ca

Taylor Swift is named New York City's Global Welcome Ambassador for Tourism. That settles my great vacation conundrum. Paris it is.

This week in collaborations: 1) Shakira is teaming up with Fisher-Price to launch a collection of baby toys. 2) Lululemon announces a charitable partnership with the Dalai Lama Center for Peace and Education. 3) Beyoncé and Topshop will launch an athletic streetwear line next year. 4) Dakota Johnson and Jamie Dornan will doggedly continue reshooting Fifty Shades of Grey until they appear to have at least as much chemistry as a wet dishrag and a pile of dusty bricks.

Larry King tweets that he "likes the smell of turpentine." Asked how he feels about acetone and ethanol, he replies that "chocolate cereal is better than race cars" and "bears don't appreciate your hippie haircut."

Armed clowns are terrorizing the streets of France. Come to think of it, Taylor Swift is awesome and New York is the best.

Pitbull will soon have two reality shows: Pitbull: The Lyfe and The REAL Change Project. The latter will have interesting people talking about overcoming obstacles while The Lyfe, presumably, will be about Lyme disease, lye and Lynyrd Skynyrd.

This week in breakups: 1) Debra Messing breaks up with Will Chase after three years. 2) That awful Bachelor guy and the woman he was contractually obligated to date finally break up. 3) A$AP Rocky breaks up with Chanel Iman.

Dean McDermott says he's "not the first person to ever cheat on his wife." Yeah. So there. Put that in your mystery basket.

Amanda Bynes

Bynes takes to Twitter for another tirade

Amanda Bynes is doing her Twitter thing again. The former child star, recently freed from her parents conservatorship over her — though that might be temporary — has been using what little time she has available to speak her mind on Twitter, taking on a number of topics. At the top of her list? Making sure everyone knows she doesn't think Zac Efron is ugly. Because we were worried. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right (apartment) in NY." She's also now going to school at USC instead, apparently.

Melanie Griffith isn't down to watch daughter get dirty in 50 Shades of Grey

I don't often say this, but I'm with Melanie Griffith. The Working Girl star says she has no plans to watch the 50 Shades of Grey movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree.

"I think that I'm never going to see the movie myself," Griffith tells Extra. "It would just be too awkward. She, I think, would be mortified if we ever came to see her movie."

I know I would.

Melanie Griffith

Twitter

@IJasonAlexander
I'm going back to 1993 so I can be 33 for the winter.

@NiallOfficial
Someone said to me today, "you weren't very well dressed up for halloween. " I totally disagree. We were the 6 best dressed in my eyes

@rickygervais
There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

LIFE 3

Losing your job is miserable, so it's essential to keep cool

Unemployment. Cut your expenses, seek advice from family and friends, and redirect your energy into finding new income

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Job loss comes with two huge stressors. First, there is the financial stuff. Second, there is the emotional misery that you must wade through.

Either pile of poop can sink you, so it is very, very important that you keep a cool head.

Apply for Employment Insurance benefits right away. It can take weeks before you see a penny, so the faster you do this the better.

If you receive a severance, it will affect when your EI benefits kick in. A delay in the start of the claim will result in an extension at the other end for the same number of weeks.

Severance or separation pay is paid out in several different forms and each is handled differently by the EI system. Speak to your HR department to get the lowdown on how you will be affected.

Check how long your benefits will stay in place and whether you've got any vacation or sick pay coming. If you're entitled to reimbursement for expenses, file an expense report immediately.

And while your boss is feeling rotten for having to let you go, ask for a glowing letter of recommendation.

Sit down with your immediate and extended family to discuss what's going to be different. No point in pretending everything is A-OK.

Brave and strong as you might be, accepting help when you need it the most from people who love you the most is exactly what family is supposed to be about.

As for the kids, they will overhear the adults talking. They'll feel the stress that's swirling in the atmosphere. So talk to them, but tailor your communication to reflect their ages. If you don't address it directly, they'll internalize the angst. Reassure them that, although some things are going to change, your family is safe.

Next, start looking for ways to reduce your expenses so you can live within your reduced means.

Cut your clothing budget completely, except for kid essentials. Ditto entertainment, gifts, and all other non-essential expenses.

Trim back on food; time to meal plan and use everything to the very last drop.

Gut communication costs like telephone, cellphone, Internet, and cable or satellite.

Is daycare still an option with one partner out of work, or will you swing-shift to take care of the kids at home while upgrading skills and job-hunting?

Or will you both take on part-time work to keep the kids in daycare so you don't lose your spaces?

At this point, I bet you're really glad you have that emergency fund. No emergency fund? Oops!

Are there things you can sell to make one? The motorcycle? The ATV? The second car?

A line of credit is not an emergency fund, no matter what you've been told. Sure, you'll eventually get another job. But if you've dug yourself a hell of a hole in the meantime, you'll be sorry. It doesn't matter what you have to do to keep a roof over your head, that's a better alternative to using credit.

Take your credit and debit cards out of your wallet and hide them, freeze them or bury them so you can't salve your emotions by impulse shopping.

There is no time when you'll be more tempted to spend money on crap than when you're feeling deprived. And stay out of the payday loan stores. With interest costs ranging from 300 to 900 per cent, that's a hole you'll never climb out of.

If you hated your last job, then now is the time to start thinking about a career change.

Can you use the time you're not working to upgrade your skills or take some night courses to retrain for something new? Would this be a good time to turn that hobby into a business?

I am not recommending you remortgage your house and buy a business because you're desperate.

What I'm suggesting is that, if there is something you've always wanted to do — landscaping, web design, freelance writing, small engine repair — now may be just the time to start making some money doing what you love.

If you can turn it into a viable full-time business, good for you. If it brings in extra money while things are tight, that's good, too.

And if you find a full-time job and can keep doing your biz on the side, hey, that's all right too, isn't it?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Losing your job is both a financial and emotional blow, so you need to tackle it with a level head. And while you're searching for a new job, or starting a new career, try to avoid racking up too much debt. ISTOCK

Job-hunting advice

When you lose your job, for whatever reason, finding a new one becomes your job, and you should do it with all the energy and enthusiasm you used to spend working.

Tell everyone that you're looking for work. Many jobs are found by word of mouth. Create an overall job search strategy that includes a daily schedule.

Schedule your day as if you were going to work, and make sure you include some socializing time (unemployment can be horrendously isolating), and keep knocking on doors.

Yes, it is hard. Yes, the rejection can be soul-numbing. But you can't just give up and hope something will come along.

You have a family counting on you. You are counting on you. So get busy. Your next job isn't going to find you.

Investing in men's health across the whole country

Movember. The charity behind prostate cancer awareness has chosen 15 initiatives that set out to disrupt assumptions

The Mo is back. This month men across Canada will be growing moustaches to help raise money for prostate cancer and increase awareness of men's health.

Last year, Movember (the charity behind the initiative) asked Canadians to submit innovative ideas that disrupt assumptions about men's health.

Last month it announced 15 winners from across Canada, representing a $2.2 million investment in men's health. Here's a few:

Headstrong (Dalhousie University)
This Dalhousie University project in Halifax will work with pharmacists to provide an accessible resource for men with, or concerned, about mental health and addictions. It will take the form of a "toolbox" for men. Call-outs could include signage directed at these men next to the potato chips or shaving items. The toolbox will use the accessibility, clinical knowledge and support that pharmacists provide.

Beer League Doctor (Evans Health Lab)
This initiative turns the weekly hockey social network in Toronto into a web platform for health. The multimedia website will initially focus on helping players become more injury-proof and later develop into a resource with an expanded list of topics such as cancer and sexuality, using humour for difficult subjects.

Hockey Fans In Training: Hockey FIT (Western University)
Teaming up with two Ontario Junior A Hockey franchises, the London, Ont.-based project team will develop a program to target weight loss and promote physical activity and healthy eating in their overweight male fans. These franchises will also teach their athletes about innovative ways to give back to their community.

Boys 2 Men
This program in Calgary and Toronto will provide educational opportunities and support outlets for a currently under serviced group of young men, from grades 7 to 9. The project's pillars include bringing awareness and understanding to topics such as sexual health, mental health, human rights and positive relationships.

MindWell Canada: Meeting Men in the Moment (MindWell Canada and University of British Columbia)
This Vancouver-based workplace mindfulness training program addresses men's long-term health and wellbeing. It's aimed at bridging the divide between the personal and professional by creating an opportunity for men to learn a life skill that fosters physical and mental health without the stigma of going to a doctor or therapist.

VAWN HIMMELSBACH

Other winners

- **CHOPPOR.** An initiative targeting young men 18 – 25 with a lived experience of a mental health problem.
- **The Naked Gay Truth Campaign.** An initiative targeting members of the LGBTQ community to challenge body images.

Organizations are getting creative when it comes to men's health. ISTOCK

Together with our
fathers, brothers, sons and friends,
we are working to beat prostate cancer.

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Erin Selby
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Nancy Allan
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Jennifer Howard
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Dave Chomiak
MLA for Kildonan
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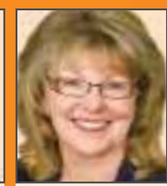
DaveChomiak.ca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Scent of a work lunch

Dear Metro,

I'm a healthy eater, and bring my own lunch to work every day. I look forward to a homemade meal at noon, but some of my co-workers have commented that my lunches smell gross. I think they're overreacting, but it's also making me self-conscious about my food. Should I change what I eat to accommodate their noses?

— Let Me Eat Tuna

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Five straight days of fish might leave your lunch friends swimming toward the nearest exit. Why not do them a favour and choose chicken today? ISTOCK

Dear LMET,

Unless your food is nostril-incineratingly putrid, it's within your rights to stick to your stink. Damp-gym-socks soup with a side of raw sewage? Not an advisable workplace lunch. Canned tuna, hard-boiled eggs, semi-aggressive cheese — these items might inspire titters, but they are also reasonable choices for a midday meal.

That said, reasonable does not necessarily equal courteous. If you're scrunching noses from Monday to Friday, consider spacing out your blasts of foul air.

Offices are shared environments, and your colleagues can cope with a strong smell or two, but part of sharing space means minimizing your own disruptions. Should your healthy-but-smelly specialties be causing daily discomfort, it might affect your reputation. And that's not healthy for your career.

Dear Metro,

My workplace is full of loud, boastful personalities. But one girl isn't like that at all — she quietly does a fantastic job, and doesn't get the praise she deserves. In fact, others often take credit for her work! I'd like to make my colleagues more aware and respectful of her accomplishments, but I know she's doesn't like attention. How can I get the word out there without making her uncomfortable?

— Kudos Giver

Dear KG,

Here's what you should do: Print off a billboard-sized photo of her face, get everyone in the office to sign it, then hang it in the boardroom for all to see.

Too much? Try more private acclaim. Your colleague doesn't even have to hear: You could let your boss know, during a one-on-one conversation, how much you've appreciated her work. Or slip the odd "This was all Sally!" into non-group emails. This spares Sally the unwanted gaze of fawning eyes — and makes sure some arrogant windbag doesn't swoop up her praise.

Not that forced fondness wouldn't do Sally good. Modesty may be a virtue, but it can also be a hurdle — especially in competitive industries. What your co-worker needs most may not be kudos from others, but the ability to applaud herself. While public recognition might make her shy in the short term, it could give her the confidence to advance down the line.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Your best shot at getting hired depends upon building and maintaining a network of reliable references. ISTOCK

Get in the front door with a good word

Career. Learn how to use an employee referral to get closer to an interview with your dream employer

VICKI SALEMI
Metro in New York City

Online retailer Zappos made news earlier this year when it announced it would be zapping job postings. That's right, they've been nixed, and hopeful job seekers have to find another way in the door.

According to industry buzz, they want to get to know applicants rather than having them apply to the giant black hole known as the applicant tracking system. Prompting job seekers to become "insiders," their site includes ambassadors' Twitter handles and LinkedIn profiles for each team, and essentially details ways that job seekers can connect to recruiters via social media and through referrals.

They're on to something. According to a study by the Federal Reserve Bank of New York, referred candidates are twice as likely to get interviews as non-referred candidates.

Referred candidates also have a 40 per cent better chance of getting hired than other applicants. Armed with this data, job seekers should rely on referrals for the highest rate of return on their time and energy investment in a job search. Here are a few tips on how to get started.

Look at your social networks
For starters, search LinkedIn for connections, ask for introductions and schedule informational interviews. But don't just do this when you're looking for a job and eager to move on — people can see through that. Networking is an ongoing process to forge strong connections and build new skills. It's truly a journey.

Conversations on the phone — or better yet, in-person — will help
An employee may not feel comfortable forwarding your resumé if he or she met you two years ago at a conference and hasn't heard from you since. However, if you had invited her out for coffee three months ago and followed up this week, you're in a much better position to be referred.

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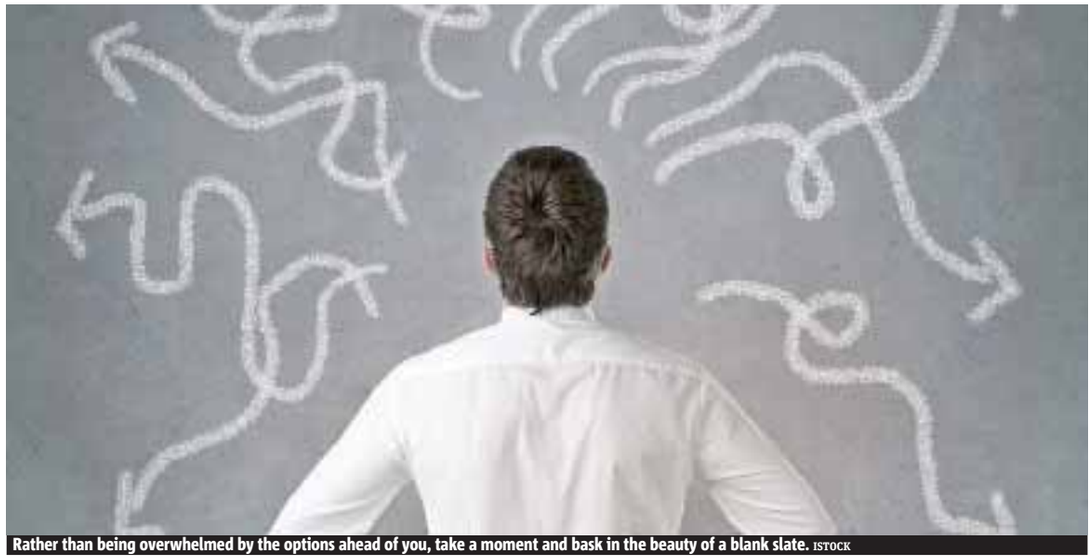
A roadmap to the realization of dreams

Career. Building a career plan is an exciting and efficient way of pushing your pursuits into high gear

RIANA TOPAN
TalentEgg.ca



Rather than being overwhelmed by the options ahead of you, take a moment and bask in the beauty of a blank slate. ISTOCK

You've probably spent quite a bit of time thinking about what you want to accomplish professionally.

If you haven't already put together a personal career plan, it's a good idea to set aside an hour or so and sit down to plot out your short-, medium- and long-term goals.

Developing a plan will help you maintain a sense of direction and keep you focused on working towards your end goal, whatever it may be.

Your career plan should be well thought-out, realistic and, most importantly, flexible. Don't look at it as a set-in-stone plan for your professional life, but rather as a road map that may grow and change as you move through the world.

The short term: Present to 2 years from now

Start by identifying your immediate goals. Perhaps it's finishing your undergraduate degree with honours, completing 100 volunteer hours or finding an entry-level position in your chosen industry.

Next, get set with detailed steps that will enable you to accomplish each goal.

If your goal is to complete your degree with high academic standing, you might boost your achievement by arranging to connect with your instructors for more extensive feedback, starting a peer study group and setting aside additional time to review your notes.

Once you've figured out what and how, set down the when. Create a timeline, breaking your plan down into monthly increments to ensure you have enough time to realistically complete each step, and to give yourself a checklist for what you need to finish each month.

Questions to ask yourself:

- How is your short-term plan going to help you achieve your end goal?
- Which factors of your plan are within your control? Which are outside of it?
- What will you do if you are unable to accomplish part of your plan?

The medium term: 2 to 5 years from now

Unlike your short-term plan, it's OK for your goal to be less specific here.

Working upwards to becoming a mid-level manager or supervisor might be one, or pursuing a postsecondary degree in marketing.

In a medium-term plan, having an overall sense of the steps you might take is key. Identifying this information early will help you keep your short-term plan up to date.

To pursue a postsecondary degree, for example, you would want to set aside time to pursue any necessary prerequisite courses, reinforce your contacts with relevant references and even plan to set aside money to cover the cost of tuition and relocation, as appropriate.

Next, build your timeline using periods of six to 12 months. Take into account time-based factors you can't control, like application deadlines, necessary years of study and so on.

Questions to ask yourself:

- Is each part of your plan directly relevant to your goals?
- What will you do if your plan doesn't work out? Do you have a backup plan?
- Can you anticipate any personal or professional conflicts that might complicate your plan?

Once you've created your career plan, don't forget to revisit it regularly to check in with your goals, make changes as needed and ensure that you're following the timelines you set for yourself.

Remember that this is just a plan — although it's great to be prepared and to know what you want to achieve, it's impossible to plan out every detail of the future.

You'll be much better off if you're able to adapt to challenges as they arise and take advantage of new opportunities that come your way, without losing sight of what's important to you in the long run.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

The long term: 5+ years from now

This is a place to identify your "big goal" — Where you want to be professionally after spending years on your career.

A big goal might be owning and operating your own business, working as an environmental consultant with a specialization in sustainable agriculture, or publishing an industry handbook about the role of diversity in the workforce.

Here, you'll want to build on the path you've planned in your short- and medium-term reflections. Assuming many (or all) of your plans in those areas are successful, ask yourself how you'll be better equipped to pursue these lofty career ambitions.

For example, owning and operating a business will call for significant financial resources. If you have major purchases like property, a car, or extensive travel as some of your medium-term goals, you may have to re-evaluate.

Build a timeline using five-year blocks for 5+, 10+ and 15+ years from now. Putting your major long-term goals in perspective will help you understand the steps you need to take today — and tomorrow.

Questions to ask yourself:

- Where do you expect to be financially, physically, emotionally, etc. in 5+ years? What else do you hope to accomplish, outside of your career, in the long term? What are some potential changes in your desired industry that could affect your career or your ability to compete in the job market?
- Do you have a second career choice in mind that you will have access to as an alternate option?

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Reinvent comfort food by using squash instead of potato topping

Butternut Squash Shepherd's Pie. This dish features a few delicious swaps

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves eight. ROSE REISMAN

There's nothing that characterizes comfort food better than a great-tasting Shepherd's Pie.

Traditionally known as a British Cottage Pie, it was commonly made with leftover meat and mashed potatoes as a topping.

I've added a twist on this classic dish and used fresh lean ground beef and mashed butternut squash.

This healthy winter squash is loaded with fibre and antioxidants known as carotenoids, which are known to protect against heart disease.

As well, I added edamame rather than the traditional green peas and a hint of melted aged white cheddar. Incredible!

You can always substitute sweet potatoes for the squash.

This dish is great to serve as leftovers or freeze in portions.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups finely diced onion
- 2 tsp crushed garlic
- 3/4 cup finely diced carrots
- 1 lb extra-lean ground beef
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1/3 cup low-sodium beef (or chicken) stock
- 3/4 cup homemade or store-bought tomato sauce
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 3/4 cup frozen edamame

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 2 tbsp olive oil
- 3 tbsp grated Parmesan cheese
- Pinch of salt and pepper
- 3/4 cup shredded aged white cheddar cheese

Directions

1. Preheat the oven to 425 F. Lightly coat an 8-inch square baking dish and large baking sheet with cooking spray.

2. Place a large non-stick skillet lightly coated with cooking spray over medium-high heat. Add the oil and onion and sauté for 3 minutes. Add the garlic and carrots and sauté for 3 minutes. Add the ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.

3. Add the flour and cook for 1 minute. Add the tomato paste, stock, tomato sauce, basil and salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add the edamame and cook for one minute. Place in the baking dish.

4. Meanwhile, while the meat mixture is being prepared, place the squash onto baking sheet and roast for 15-20 minutes, just until tender. Place in a bowl and mash, adding olive oil, grated Parmesan and salt and pepper. Spoon over meat filling. Sprinkle with cheese and bake for 5 minutes.

Per serving

• **Calories.** 260	• **Fibre.** 2.3 g	• **Total fat.** 11 g	• **Cholesterol.** 40 mg
• **Carbohydrates.** 15 g	• **Protein.** 25.6 g	• **Saturated fat.** 3.4 g	• **Sodium.** 223 mg

Spiralizing gives this salad an artsy spin

Spiralizing is the newest trend in healthy eating. It is the art of taking vegetables and turning them into noodles.

Spiralized veggies are replacing carb-dense pasta for those who want to consume fewer calories and carbs.

Add a delicious sauce, some protein and you have a complete meal.

1. Prepare dressing: In bowl combine the peanut butter, water cilantro, honey, rice vinegar, soy sauce, sesame oil, garlic and ginger until smooth.

2. With a spiralizer or julienne or vegetable peeler, julienne the zucchini and sweet potato.

Ingredients

Peanut dressing

- 2 tbsp natural peanut butter
- 2 tbsp water
- 2 tbsp chopped fresh cilantro
- 1 tbsp honey
- 1 tbsp rice vinegar
- 2 tsp low-sodium soy sauce
- 1 tsp sesame oil
- 1/2 tsp minced garlic
- 1/2 tsp minced fresh ginger

Salad

- 1 medium zucchini (skin on)
- 1 medium sweet potato (skin peeled)
- 8 oz flank steak

Garnish

1/4 cup toasted cashews

3. Grill or bake the flank steak at 400 F just until temperature reaches 130 F – medium rare, approximately 10 minutes depending on thickness. Let sit for 10 minutes, then slice thinly against the grain.

4. Meanwhile, in pot of boiling water, add the sweet potatoes and boil one minute, then add the zucchini and boil an extra minute. Drain well then rinse with cold water to stop the cooking process.

5. Place on serving dish, lay sliced steak over top, pour sauce over and garnish with cilantro and cashews. ROSE REISMAN

This recipe serves four. ROSE REISMAN

NHL

Bruins sign Julien to an extension

Boston Bruins coach Claude Julien has signed a multiyear contract extension.

Julien is in his eighth season with the Bruins and is the second-longest tenured NHL coach with the same team. Mike Babcock is in his 10th season with the Detroit Red Wings.

Julien led the Bruins to the Stanley Cup championship in 2010-11 and is the longest-serving coach in consecutive seasons in the team's history.

Julien has led the Bruins to the playoffs in each of his seven full seasons as coach and has a 317-171- 65 record.

The team has been hurt by injuries to defencemen and is off to a mediocre start this season with a 7-6-0 record.

THE ASSOCIATED PRESS

CFL

Blue Bombers go out as winners

The Winnipeg Blue Bombers snapped an eight-game losing streak and ended their season with an 18-13 win over the Calgary Stampeders on Saturday.

There is a week remaining in the CFL's regular season, but the Blue Bombers (7-11) end it on a bye week. Winnipeg improved on its 3-15 campaign last season, but will miss the playoffs for a third straight year.

Calgary (14-3) has known since beating the Blue Bombers in Winnipeg on Oct. 18 that they'll finish first in the West Division and host the division final Nov. 23.

THE CANADIAN PRESS

Brady's TD bunch busts up Broncos

NFL. With four passing scores, Patriots QB improves to 11-5 against rival Manning

With 8-1/2 minutes remaining Sunday, the Gillette Stadium crowd delivered the message loud and clear: "Brady's Better."

On this day, Tom Brady and his New England Patriots certainly were the superior team, routing Peyton Manning and the Denver Broncos 43-21 to grab the best record in the AFC.

Brady outduelled Manning in the 16th instalment of the rivalry between the all-time great quarterbacks and is 11-5 against his rival. He threw for four touchdowns and Julian Edelman returned a punt 84 yards for a score.

In his 200th career start, Brady passed for 333 yards. He has won 155 of those, the most for any quarterback in that many starts.

The game wasn't particularly competitive after the first quarter, which Denver completed in front 7-3.

New England (7-2) scored the next 24 points on the way to winning its fifth straight, halting the four-game winning streak for Denver (6-2) in emphatic fashion. Brady has 18 TD passes and one interception in those five victories.

Manning fell to 2-7 at Gillette Stadium, even though he threw for 438 yards and two touchdowns. He has at least two TD passes in 14 consecutive games, an NFL record.

metro AR Patriots linebacker Akeem Ayers sacks Broncos quarterback Peyton Manning on Sunday in Foxborough, Mass. Scan the image with the Metro News app for more from the NFL on Sunday.
STEVEN SENNE/THE ASSOCIATED PRESS

Brady connected with Edelman and Shane Vereen on five-yard scoring passes in the second quarter, with Brandon LaFell from 10 yards and with Rob Gronkowski from the 1 in the second half.

Most of Manning's yardage came well after the Patriots' fourth straight home win over Denver in as many seasons was secured. When it was closer, Denver's high-powered offence had little juice.

Great returns

4

Julian Edelman's punt-return touchdown was the fourth of his career, which tied a Patriots team record.

Even with the two great quarterbacks in the house, Edelman was a star. Not that New England's defence took a back seat, befuddling Manning so often that the Broncos barely got the snap off on time on several plays.

Edelman's first touchdown was set up by Rob Ninkovich's interception and 11-yard return to the Denver 34.

That TD gave the Patriots a 13-7 lead and Edelman upped it with his sensational, weaving punt return. Catching the ball at his 16, he got a massive block from Tim Wright along the right sideline, then cut back diagonally across the field into the left corner of the end zone. THE ASSOCIATED PRESS

Als into playoffs with sixth straight win

Alouettes Brian Brikowski, right, and Mitchell White tackle the Argos' Steve Slaton in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

When they were 1-7 in August, it was far-fetched even to think about the Montreal Alouettes making the playoffs.

But a 17-14 win over the Toronto Argonauts on Sunday afternoon lifted the Alouettes to 9-8 to clinch a home playoff date. They have a chance to finish first in the CFL East Division with a regular season-ending win on Saturday in Hamilton.

"It's going to be a great Grey Cup documentary," said receiver Duran Carter, who had career highs of 11 catches and 181 yards. "Highlights, lowlights, all of it.

"We feel pretty much unstoppable. We've got one more week in the regular season and we're not going to take our foot off the gas."

Quoted

"It just took us a little while and we got it done ... They just don't give up. That's the sign of a champion."

Alouettes coach Tom Higgins on his team clinching a playoff berth after starting the season with a 1-7 record

Carter scored the game-winning touchdown on a 23-yard toss from Jonathan Crompton at 5:41 of the fourth quarter. A relentless Alouettes defence did the rest, holding an opponent to 17 or fewer points for a sixth game in a row, all wins.

They will be the first CFL team ever to finish at or above .500 after being six games below .500. THE CANADIAN PRESS

4 SPORTS

A Sweeting victory at the Grand Slam

Curling. Edmontonian beats Olympic silver medallist to take Masters in Selkirk

Skip Valerie Sweeting of Edmonton. TORSTAR NEWS SERVICE FILE

She lost her newest recruit and fought the clock, but Edmonton's Valerie Sweeting still raised her hands in victory Sunday after a 5-4 win at the Masters Grand Slam of Curling women's final.

With the help of Manitoba veteran Cathy Overton-Clapham, she used a time out to get her last rock off and remove Sweden's counter from the button to beat Olympic silver medallist Margaretha Sigfridsson.

All part of her plan, said Sweeting, who has better clock management on her to-do list.

"I wanted to take it (the time out) on my last so I'd have lots of time to throw," she said after the win, her first ever at a Slam. "Yesterday we almost ran out of time and we didn't have a time out."

It was a tight game but Swedish fourth stone Maria Prytz flashed on a couple of hits and Sigfridsson, who throws lead, said mistakes like that are costly.

"It went back and forth and we missed too many key shots," she said. "You can't afford that."

To get to the final, Sweeting had to knock off reigning Scotties champ Rachel Homan on Saturday night.

Overton-Clapham, who threw third stones for Sweeting, was a last minute recruit after Andrea Crawford unexpectedly left to return to her native New Brunswick. She only joined this year as a replacement for second Joanne Courtney, who joined Homan's rink.

"I did say, 'Seriously? I haven't thrown a rock in three weeks. Are you sure you still want me?'" said Overton-Clapham, third for current Olympic champ Jennifer Jones until she was dumped in favour of Kaitlyn Lawes in 2010.

She went on to successfully skip her own rink but most recently played third for the Crystal Webster rink in Calgary.

"She was so great, we learned so much from her this week," said Sweeting, who has already replaced Crawford with Lori Olson Johns, who played second for Calgary's Cheryl Bernard.

To get to the final, Sigfridsson had to go through Jones, who beat her in the women's curling final to claim Olympic gold in Sochi.

With the win, Sweeting picked up $23,500 in cash and 12 Rogers Cup points and second place earned Sigfridsson $13,500.

THE CANADIAN PRESS

Starting with a lightning-quick bang

Winnipeg Jets right wing Michael Frolik, right, celebrates with defenceman Toby Enstrom, after opening the score with a wrist shot only 20 seconds into the first period of their game Sunday, against the Chicago Blackhawks in Chicago. Go to metronews.ca for full coverage of the game.

NAM Y. HUH/THE ASSOCIATED PRESS

Aguero gives City the win in Manchester derby

Sergio Aguero winds up for a shot on Sunday. JON SUPER/THE ASSOCIATED PRESS

Manchester City maintained its supremacy over fierce rival Manchester United in unconvincing style on Sunday, winning a frenetic derby 1-0 through Sergio Aguero's second-half goal after playing with an extra man for more than half the game.

Chris Smalling's 39th-minute sending-off for two quick yellow cards and an injury to fellow centre-back Marcos Rojo at the start of the second half left United with a makeshift defence that held out until the 63rd minute.

The resistance was broken when Aguero turned home a cut-back from Gael Clichy for his league-high 10th goal of the season.

United was the more dangerous side in the last 20 minutes and the final whistle was greeted with relief by City fans, who have seen their side win four straight league matches against their biggest rival for the first time since 1969-70.

"We played very, very well until we scored a goal," City manager Manuel Pellegrini said. "For different reasons, we dropped a little bit more than we needed."

"I have seen the willpower of this team that I said to the players is fantastic," United manager Louis van Gaal, "but we have still only 13 points out of 10 games and that is not so much."

Smalling's red card was a turning point in a typically frantic, high-tempo derby, although City had already taken command by that point.

THE ASSOCIATED PRESS

Priceless

Despite a $250-million US shopping spree, United is only the ninth place in the English premiership.

- **It can get worse.** t is United's worst start to a league season after 10 games since 1986..
- **Quite a ways.** United sits 13 points behind leader Chelsea.

Paris Masters final

Djokovic tames Raonic serve

Canadian Milos Raonic admitted that top-ranked Novak Djokovic handled his normally threatening serve with ease, as the Serb defended his Paris Masters title with a 6-2, 6-3 victory over the native of Thornhill, Ont.

THE CANADIAN PRESS

'It was incredible'

Wozniacki ecstatic after N.Y.C. marathon

Tennis star Caroline Wozniacki was thrilled with her first marathon, running the 42-kilometre course in just under 3 hours, 27 minutes.

"The crowd was amazing. It was incredible."

THE ASSOCIATED PRESS

Caroline Wozniacki was all smiles after the N.Y.C. marathon. / GETTY IMAGES

Ten months to live

Lauren Hill's dream comes true

Lauren Hill needed just 17 seconds to make her dream come true, albeit differently than she initially imagined.

The freshman forward for Division III Mount St. Joseph's made an uncontested left-handed layup for the opening basket Sunday against Hiram College. Hill has just months to live because of an inoperable brain tumour that has forced the right-hander to shoot with her left hand because the tumour has affected her co-ordination.

Her shot brought a standing ovation from a sellout crowd at Xavier University's 10,000-seat arena. Her audience included former Tennessee women's coach Pat Summitt.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't let negative thinking get the better of you. Focus on what you are good at and trust in the planets to guide you in the right direction.

♉ Taurus
April 21 - May 21
What happens today may not seem significant but with the benefit of hindsight you will see it plays a big part in the grand scheme of things.

♊ Gemini
May 22 - June 21
You may think you have energy to spare today but your physical batteries are running low, so don't take on any new duties.

♋ Cancer
June 22 - July 23
You won't lack for confidence today but common sense may be harder to come by. Make sure you know what you are getting yourself into for before agreeing to part with cash.

♌ Leo
July 24 - Aug. 23
The Sun and Pluto link well as the new week begins and the message it has for you is that you need to find more harmonious ways to link your home life and your work life.

♍ Virgo
Aug. 24 - Sept. 23
You are uneasy about the direction your life seems to be taking. With that in mind, don't start something new today just because you feel the need for a change. Your progress must be evolutionary, not revolutionary.

♎ Libra
Sept. 24 - Oct. 23
A challenge will push you beyond the rather narrow limits you have imposed on yourself recently. You will find hidden reserves of talent and energy.

♏ Scorpio
Oct. 24 - Nov. 22
As the Sun aspects your ruler Pluto today you will experience a great surge of energy. But you are strongly advised to finish what you have started before embarking on a new project.

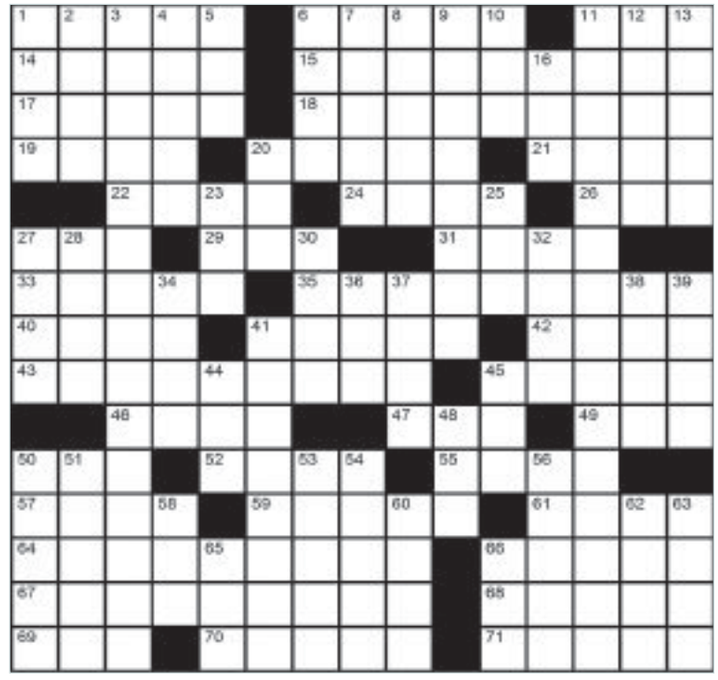
♐ Sagittarius
Nov. 23 - Dec. 21
A change of direction is not needed, despite what some may be telling you. All you need is faith in your abilities.

♑ Capricorn
Dec. 22 - Jan. 20
Don't allow others to talk you into doing something that will tie you down for weeks at a time. You have your own interests and goals to pursue and you must put them first.

♒ Aquarius
Jan. 21 - Feb. 19
You have been pushing yourself too hard and need to slow down. That won't be easy with power planet Pluto so strong at the start of the week but it can and must be done.

♓ Pisces
Feb. 20 - March 20
There are times when you take too much for granted and this could be one of them. You may think you can get away with neglecting a chore but if you do the consequences could be dire.

Crossword: Canada Across and Down by Kelly Ann Buchanan



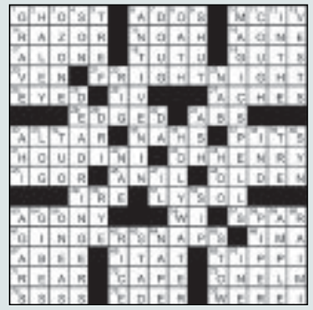
Across

1. Ballroom dance
6. Old Irish alphabet
11. Composer, Francis __
14. Sir Newton
15. Vehicle vacations: 2 wds.
17. Not last
18. "Skyfall" (2012), for one: 2 wds.
19. Restaurants bills
20. Robinson Crusoe author Daniel
21. Chomp
22. Ancient harp
24. Rap music duo, __ Yang Twins
26. Big Apple baseball team, briefly
27. British tenor, Alfie __
29. Ms. Thurman
31. Pull along
33. Take apart the Hoover, say
35. Free-standing __ (CN Tower, for example)
40. Do, __, __...
41. "__ __ I?" (Les Miserables query)
42. "Step ___ __!" (Pick up the pace!)
43. Travelled
45. Calgary-born songstress Jann
46. Actual
47. Not their
49. Disney deer
50. Vroomer
52. Johann __ (The Swiss Family Robinson author)
55. Fruit cocktail ingredient
57. Sort of sign
59. Government takeovers
61. Opened slightly
64. British Columbia/Washington State: Strait of Georgia, Juan de Fuca Strait and Puget Sound, as these three waterways are collectively known: 2 wds.
66. DWTS judge
67. Gilbert & Sullivan operetta of 1885: 2 wds.
68. Ms. Moorehead
69. "Hunger of the Pine" rock band: __-J
70. Burdened
71. Strengths

Down

1. Use a sieve
2. Largest continent
3. Pacific Northwest seabird: 2 wds.
4. Like Paul McCartney's instrument
5. Behave
6. "...there __ __ square."
7. Cartoon canine
8. Vietnam's capital city
9. Postscript
10. TV production co.
11. #45-Across' "Insensitive" album: 3 wds.
12. George Harrison's "Isn't It _ __"
13. "_ __ to recall..."
16. Steal
20. Rep.'s rival
23. Bar drink
25. RCMP's French acronym
27. __ Khalifa (World's tallest building in Dubai, UAE)
28. Early afternoon, __ _'clock
30. Greyish
32. 'Origin' suffix
34. 'Billion' suffix
36. Lake tester
37. Wristwatch brand
38. Nothing: French
39. Famous volcano
41. Canadian broadcaster Bill (Trivia! He hosted at both MuchMusic and MuchMoreMusic)
44. "Uh-uh."
45. 'Hect' add-on
48. Increases
50. __ Rica
51. Menotti opera, __ and the Night Visitors
53. "Sorry to hear that.": 2 wds.
54. "Blue __ Shoes"
56. Pirate's annoyance!
58. Classic game
60. Peacock: French
62. Freshly
63. Singer Diana
65. 'S' of RSVP
66. Baseball __

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	6	1	4	8	7	3	5	9
7	3	8	1	5	9	6	2	4
4	9	5	3	2	6	1	8	7
5	7	3	6	4	2	8	9	1
8	1	9	7	3	5	4	6	2
6	4	2	8	9	1	5	7	3
9	2	4	5	1	8	7	3	6
3	5	6	2	7	4	9	1	8
1	8	7	9	6	3	2	4	5

Conceptis Sudoku

By Dave Green

		3				1		
	6		3		5		2	
4		8		2		6		9
	7		2		1		8	
		2				5		
	1		8		4		7	
6		4		7		2		8
	3		6		9		5	
		7				9		

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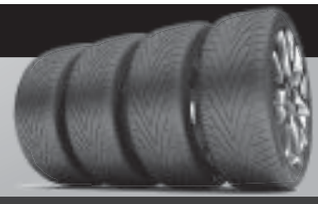

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